



# DISTRICT OF COLUMBIA PUBLIC SCHOOLS

## Food & Nutrition Services

### Nutrition Information on Food Items Used in School Menus 2020-2021 School Year

**NOTE:** Food and Nutrition Services attempts to provide nutrition information that is as accurate as possible. It is based upon standard portion product guidelines, and variations of serving sizes and/or ingredient content may occur. (Nutritional information is provided by manufacturers and USDA and is subject to change periodically).

Revised February 11, 2021

#### SUPPER FOODS

Product Description	Portion Size	Kcals	Fat (g)	% Kcals from Fat	Sat Fat (g)	% Sat Fat	Trans Fat (g)	Protein (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Additional Comments
<b>Entrees</b>												
Cheese Stick	1 pkg (1oz)	60	3	45%	2	30%	0	7	1	200	0	20% RDA Calcium
Graham Cracker, Goldfish	1 pkg	120	4	30%	1	8%	0	1	19	105	1	Whole Grain
Hummus w/Pita	1/2c & 6 slices	388	17	39%	2	5%	0	13	48	530	7	Homemade Hummus
Sandwich, Sunbutter & Jelly	1 sandwich	590	36	55%	4	6%	0	20	49	430	8	Peanut Free
Yogurt Cup, Strawberry/Banana	4oz	473	30	57%	7.5	14%	0	21	31	501	3	Whole Grain
<b>Vegetable Items</b>												
Corn Salad	1/2 cup	117	5	38%	0.5	4%	0	2	17	121	2	
Fresh Baby Carrots	1 pkg (2oz)	30	0	0%	0	0%	0	1	7	0	2	
Fresh Cucumber Slices	1/2 cup	8	0	0%	0	0%	0	0	2	0	0	
Fresh Pepper Slices	1/2 cup	9	0	0%	0	0%	0	0	2	0	1	
<b>Dressings</b>												
Ranch Dipper	1 pkg (1oz)	130	13	90%	2	14%	0	0	3	270	0	
<b>Fruit Items</b>												
Applesauce	4oz	50	0	0%	0	0%	0	0	12	10	2	
Fresh Apple Slices	1 pkg (2oz)	30	0	0%	0	0%	0	0	7	0	1	
Fresh Apples	1 each	70	0	0%	0	0%	0	0	20	0	3	
Fresh Banana	1 each	105	0	0%	0	0%	0	1	27	0	3	
Fresh Oranges	1 each	45	0	0%	0	0%	0	1	11	0	2	
Juice, Apple	1/2 cup	50	0	0%	0	0%	0	0	13	0	0	100% Juice

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Juice, Orange	1/2 cup	60	0	0%	0	0%	0	0	14	0	0	100% Juice
Peach Cups	1/2 cup	80	0	0%	0	0%	0	1	19	0	1	
Pineapple Tidbits	1/2 cup	80	0	0%	0	0%	0	0	20	0	1	
Milk (8oz)												
Skim Milk	8 oz.	80	0	0%	0	0%	0	8	12	115	0	30% RDA Calcium
Low-Fat 1%	8 oz.	110	2.5	20%	1.5	12%	0	8	12	115	0	30% RDA Calcium